

Fast-Fix GI Diet: Have a Beautiful Body in Just 14 Days the Low-GI Way!

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The Slim & Save Simplicity Plan provides the perfect VLCD diet for those looking to.

The plan includes delicious, good-for-you low-GI recipes and minute body-toning workouts, plus a GI counter to keep weight off and charts of calories for 1, foods and for calories burned by fun activities, from flying a kite to beyondthederby.com: 2. Have a beautiful body in just 14 days the low-GI way! This fast-fix, low-GI plan shows you how to lose 3 kg (7 lbs) in just 2 weeks. It includes detailed day eating plan, plus delicious beyondthederby.com: 3. Have a beautiful body in just 14 days, the low-GI way! This low-GI plan shows you how to lose 3 kg in just 2 weeks. It includes a day eating plan, plus many recipes. Fast-Fix GI Diet: Have a Beautiful Body in Just 14 Days the Low GI Way! by Helen Foster () on beyondthederby.com *FREE* shipping on qualifying beyondthederby.com: 2.

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